

Your Personalized Weight Loss Journey Report

Dear Mamba Mental,

We've analyzed your data using our advanced weight loss prediction model. Here's a comprehensive breakdown of your journey:

1. Personal Profile

- Start Date: 09/09/2024
- End Date: 12/30/2024
- Age: 46 years
- Gender: Male
- Height: 5'9" (175.3 cm)
- Initial Weight: 245.6 lbs
- Goal Weight: 217.0 lbs
- Initial Body Fat: 30.5%
- Goal Body Fat: 7.0%
- Activity Level: Little to no exercise
- Experience Level: 4

2. Metabolic Calculations

- Initial Resting Metabolic Rate (RMR): 3326 calories/day
- Initial Total Daily Energy Expenditure (TDEE): 4215 calories/day
- Thermic Effect of Food (TEF): 74 calories/day
- Non-Exercise Activity Thermogenesis (NEAT): 150 calories/day
- Initial Daily Calorie Intake: 1929 calories/day

3. Workout Analysis

- Workout Type: 1
- Workout Frequency: 3 days/week
- Volume Score: 0.43
 - 0.57 - Moderate volume, in the 40-60th percentile
 - 0.00 to 0.20 - Very low
 - 0.21 to 0.40 - Low
 - 0.41 to 0.60 - Moderate
 - 0.61 to 0.80 - High
 - 0.81 to 1.00 - Very high
- Intensity Score: 0.80
 - 0.80 - High intensity, working close to failure
 - 0.00 to 0.20 - Very low
 - 0.21 to 0.40 - Low
 - 0.41 to 0.60 - Moderate
 - 0.61 to 0.80 - High
 - 0.81 to 1.00 - Very high

- Frequency Score: 1.00
 - 1.00 - Optimal frequency, training each muscle 2-3x per week
 - 0.00 to 0.20 - Very low
 - 0.21 to 0.40 - Low
 - 0.41 to 0.60 - Moderate
 - 0.61 to 0.80 - High
 - 0.81 to 1.00 - Optimal
- Resistance Training: Yes
- Athlete Status: Yes

4. Body Composition Adjustments

- Initial Lean Mass: 170.7 lbs
- Initial Fat Mass: 74.9 lbs
- Estimated Weekly Muscle Gain: 0.281 lbs

5. Weekly Progress Forecast

date	weight	body_fat_percentage	daily_calorie_intake	tdee	weekly_caloric_output	total_weight_lost	lean_mass	fat_mass	muscle_gain	rmr	
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090924	245.6	30.5	1929.3	4215.15	0	0	170.692	74.908	0	3326.38	091624
241.744	29.3606	2146.37	4215.04	14480.7	3.8561	170.766	70.9775	0.28125			
3326.38	092324	237.873	28.1803	2024.94	4100.8	14531	7.72657	170.84	67.0334		
0.28125	3287.81	093024	233.987	26.9564	1903.07	3986.7	14585.4	11.6126			
170.913	63.0745	0.28125	3249.11	100724	230.084	25.686	1780.63	3872.71			
14644.6	15.5155	170.985	59.0995	0.28125	3210.25	101424	226.163	24.366			
1657.43	3758.78	14709.4	19.437	171.056	55.107	0.28125	3171.22	102124			
222.221	22.9928	1533.25	3644.84	14781.1	23.3789	171.126	51.0949	0.28125			
3132.01	102824	218.256	21.5623	1407.81	3530.84	14861.2	27.3437	171.195			
47.0612	0.28125	3092.59	110424	214.266	20.0699	1280.72	3416.69	14951.8			
31.3344	171.263	43.0028	0.28125	3052.94	111124	210.245	18.5099	1151.44			
3302.3	15056	35.3549	171.329	38.9162	0.28125	3013.03	111824	206.205	16.8816		
1080.4	3241.21	15125.7	39.3952	171.394	34.8107	0.28125	2972.83	112524			
202.242	15.2189	1060.97	3182.92	14853.6	43.3579	171.463	30.779	0.28125			
2932.42	120224	198.356	13.521	1041.95	3125.85	14587.3	47.2444	171.536			
26.8196	0.28125	2892.8	120924	194.544	11.8922	1023.32	3069.97	14326.5			
51.0565	171.408	23.1356	0.28125	2853.93	121624	190.804	10.2289	1005.09			
3015.27	14071.3	54.7956	171.287	19.5173	0.28125	2815.81	122324	187.162			
8.54136	1000	2961.7	13731.9	58.4377	171.176	15.9862	0.28125	2778.42	123024		
184.342	7.15759	1358.52	2909.51	10856.9	61.2585	171.147	13.1944	0.28125	2742		

6. Body Composition Changes Over Time

Body Fat Category	Body Fat %	Date Reached	Description	Est. Time to Six-Pack
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09/09/2024	Significant excess fat all around	12+ months	Obese 29.4%	09/16/2024
Significant excess fat all around	12+ months	High Body Fat	28.2%	09/23/2024
Excess fat all around, round physique	6-12 months	High Body Fat	27.0%	09/30/2024
Excess fat all around, round physique	6-12 months	High Body Fat	25.7%	10/07/2024
Excess fat all around, round physique	6-12 months	High Body Fat	24.4%	10/14/2024

fat all around, round physique | 6-12 months | | Above Average | 23.0% | 10/21/2024 | No visible abs, excess fat | 4-6 months | | Above Average | 21.6% | 10/28/2024 | No visible abs, excess fat | 4-6 months | | Above Average | 20.1% | 11/04/2024 | No visible abs, excess fat | 4-6 months | | Average | 18.5% | 11/11/2024 | Little muscle definition, soft look | 3-4 months | | Average | 16.9% | 11/18/2024 | Little muscle definition, soft look | 3-4 months | | Average | 15.2% | 11/25/2024 | Little muscle definition, soft look | 3-4 months | | Lean | 13.5% | 12/02/2024 | Some muscle definition, less visible abs | 2-3 months | | Lean | 11.9% | 12/09/2024 | Some muscle definition, less visible abs | 2-3 months | | Lean | 10.2% | 12/16/2024 | Some muscle definition, less visible abs | 2-3 months | | Very Lean | 8.5% | 12/23/2024 | Visible abs, vascularity, striations | 3-4 weeks | | Very Lean | 7.2% | 12/30/2024 | Visible abs, vascularity, striations | 3-4 weeks |

7. Metabolic Adaptation

- Week 1 Metabolic Adaptation: 1.00
- Final Week Metabolic Adaptation: 0.83

8. Final Results

- Duration: 16 weeks
- Total Weight Loss: 61.3 lbs
- Total Body Fat Reduction: 23.3%
- Final Weight: 184.3 lbs
- Final Body Fat: 7.2%
- Average Weekly Weight Loss: 3.83 lbs
- Total Muscle Gain: 4.5 lbs
- Final Daily Calorie Intake: 1359 calories
- Final TDEE: 2910 calories
- Final Weekly Caloric Output: 10856.9 calories

9. Body Fat Category Progression

- Initial Category: Obese
 - Description: Significant excess fat all around
 - Estimated Time to Six-Pack: 12+ months
- Final Category: Very Lean
 - Description: Visible abs, vascularity, striations
 - Estimated Time to Six-Pack: 3-4 weeks

10. Insights and Recommendations

- Your metabolic rate adapted by 31.0% over the course of your journey.
- You maintained an impressive 100.3% of your initial lean mass.
- Your muscle gain rate averaged 0.281 lbs per week, which is good.
- Based on your final body fat percentage, you're now in the Very Lean category.
- To maintain your results, consider a daily calorie intake of 2910 calories.

11. Next Steps

- Continue with your current plan.
- Consider adjusting your protein intake to 147 g/day to support lean mass.
- Your next ideal body composition goal could be 5.2% body fat.

Remember, this journey is a marathon, not a sprint. Celebrate your progress and stay committed to your health and fitness goals!

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